



8. Schlaubetal Marathon

Eisenhüttenstadt / 18.10.2014

Detailed evaluation

Bräsel, Michael

Club: Nysa Running Team
Number: 631

Course: 43.00 km
Cross-Marathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 4:18:58

Speed: 9.96 km/h
Running performance: 6:01 min/km

Rank in course/Total: 56 (of 117)

Rank in course/Men: 44 (of 82)

Best time in course: 2:54:26

Rank in category: 13(of 16)

Best time in the category: 3:42:43

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	11.60	1:08:17	5:53	12	13:55	51	23:53	11.60	1:08:17	5:53	13	11:59	20	8:44
Lap 2	9.90	1:00:44	6:08	12	10:55	48	18:48	21.50	2:09:01	6:00	13	20:03	20	10:42
Lap 3	11.10	1:10:22	6:20	11	9:39	39	24:00	32.60	3:19:23	6:06	13	29:42	20	3:08
Last lap Ziel Inse	10.40	59:35	5:43	7	6:33	28	17:51	43.00	4:18:58	6:01	13	36:15	44	1:24:32